



## Making It a Clean Sweep

### Staff Members Help Make COMREL Cleansing Difference



*Making it a clean sweep...NMRTC Bremerton CSADD (Coalition of Sailors Against Destructive Decisions) pitched in to support a recent community environmental stewardship event, clearing up discarded trash all along Austin Drive, the main access city road to the hospital. The 20 volunteers picking up approximately 50 pounds of rubbish (Courtesy photo by Hospital Corpsman 3rd Class Mariah Hanline-Torres).*



## **Industrial Hygiene staff members recognized**

Bravo Zulu to members of Naval Hospital Bremerton Industrial Hygiene Department recognized for their accumulated years of service before self in carrying out their assigned duties.

IH has a staff of approximately three Navy officers and 23 civilians supporting more than 30,000 workers throughout Navy Region Northwest, encompassing over 125 specific commands, with approximately 480 different shops that require an IH survey, which help to prevent and reduce workplace injuries and illnesses.

**John F. Newman, in recognition of 20 years of service  
in the government of the United States of America.**

**Mike J. Walsh, in recognition of 30 years of service  
in the government of the United States of America.**

**Steven C. Kingma, in recognition of 35 years of service  
in the government of the United States of America.**

**Roger C. Johnson, in recognition of 50 years of service  
in the government of the United States of America.**

Additionally, the Directorate for Public Health Powerhouse of the Month award for September, 2022, was presented to Mike J. Walsh, Industrial Hygiene, 'in recognition of exemplary performance by quickly adapting to departmental business practices, volunteering with colleague assignments and executing outstanding reports.'

Please see following page for associated photo-ops...



**NHB/NMRTC Bremerton Webpage:**  
<https://bremerton.tricare.mil/>

**NHB/NMRTC Bremerton Official Facebook site:**  
<https://www.facebook.com/navalhospitalebremerton>

**NHB on Defense Video Info Distro Service:**  
<https://www.dvidshub.net/tags/news/nmrtc-bremerton>

**NHB Command Ombudsman:**  
[nhb.ombudsman@gmail.com](mailto:nhb.ombudsman@gmail.com)





**Naval Hospital  
Bremerton *Caduceus* is an official  
Navy internal publication**

Capt. Patrick Fitzpatrick, NC, Commanding Officer

Capt. Mark Lund, MC, Executive Officer

Command Master Chief Brandon May

**Did you know? For 2020, Industrial Hygiene Department workload data included:**

Periodic and Baseline IH Surveys Completed – 134  
Special Surveys Completed – 6  
Personal and Area Samples Collected – 1,129  
Exposure Monitoring Plan Completion – 94.34 percent  
Personal Breathing Zone Samples Collected – 274  
Personal Noise Dosimetry Samples Collected – 158





*Surgical Technologist service before self...Hospital Corpsman 3rd Class Suzanne Gonzalez and Hospitalman Hunter Jeffers represented Navy Medicine Readiness Training Command Bremerton at the Try-A-Trade Day held at the Kitsap Fairgrounds, Nov. 2, 2022. The corpsmen shared information on their surgical technologist specialty training, which has them responsible for various duties in the Main Operating Room and in other clinical areas such as Ears Nose (and) Throat, Dentistry and Ophthalmology. A typical day for surgical techs in the Main OR has them scrubbing up and preparing what's required for surgical cases where they clean, disinfect, and ensure proper sterilization has taken place for all the used gear. They pull all the instrumentation and consumables required for each surgery that are performed and help the circulating nurse prepare the room for the case. They then scrub in to set all the gear up, while maintaining sterile technique. Upon completion of every surgery case, the surgical techs are charged with securing all the used equipment to prepare for the disinfection and sterilization processes. The entire process is crucially repeated for each additional case. Baugh and Hernandezgalicia were one of over 60 professional informational booths and displays set up showcasing career opportunities from a number of fields such as aerospace, construction, food service, healthcare, law enforcement, maritime, military branches and more to over 500 high school students (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).*



## **I Am Navy Medicine – A Family Affair at NMRTC Bremerton**

By Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer -- Diane Hebert couldn't make it when her son, Hospital Corpsman 3rd Class Joshua Hebert, was being recognized as Navy Medicine Readiness Training Command Bremerton's Junior Sailor of the Quarter.

Not because she was like many parents who are several time zones or states away from their children serving on active duty.

It was due to her own responsibility as an occupational health technician with NMRTC Bremerton Puget Sound Naval Shipyard Detachment.

Rare is family each assigned to the same command.

Rarer still is a mother-and-son connection.

"I think it's awesome that we had this opportunity to be in the same command. Most Navy parents don't get to experience that," exclaimed Diane.

Although it's completely happenstance that both are assigned to the same command, there is a symbiotic foundation based on their collective interest in a Navy Medicine career which led them both in their current respective positions.

"I always had a passion for wanting to help people. Being a Navy corpsman seemed like the best way I could do that," explained Joshua, born in Minot, North Dakota, grew up in Panama City, Florida and is an A. Crawford Mosley High School 2016 graduate. "My Navy career started during my senior year. I decided that I wanted to get out of my hometown and see more of what is out there. "

For Diane, the Lompoc, California native and Cabrillo High School 1984 grad has been in the medical field for 27 years.

"I've worked in the intensive care unit, cardiac intensive care unit, emergency room, cardio vascular surgeon office and inpatient rehab. I wanted to work for the federal government, so what better way than Navy Medicine,"



said Diane, who started at her current position, March, 2021.

“I’ve been in the medical field for a very long time. It boils down to I like to help people,” she said.

Joshua has been a physical therapy technician for the last three years and is now the leading petty officer for the command’s Physical Therapy department.

His previous assignments include working in optometry and as a general duty corpsman helping in the prevention and treatment of injury and disease at the Marine Corps Medical Homeport, Branch Medical Clinic Evans, Okinawa, Japan.

As a PT tech in helping Sailors, Marines, retirees and family members recover from injuries and maintain their physical health and well-being, he helped provide direct support to over 8,950 patients last year in physical therapy, along with approximately 1,885 patients in occupational therapy.

Diane had already been living in the area when Joshua arrived at his new duty station and although technically at the same command, Diane plies her trade on the massive Puget Sound Naval Shipyard, away from the hospital.

As an occupational health tech, Diane works in such areas as counseling shipyard workers on workplace hazards to supporting industrial hygiene efforts - overall to more than 30,000 workers at 126 commands with 480 different shops - to anticipate, recognize, and evaluate occupational stressors in order to advise commands on methods to prevent and reduce workplace injuries and illnesses.

***When both were asked to sum up their experience in one sentence, Diane replied, “I feel like I’m playing a role in keeping our civilians and active duty in compliance with their qualifications in order to serve our country and Navy.”***

***“My experience has been an eye-opener, full of lessons I will never forget,” added Josh.***

“I was really excited for her and her new job,” Joshua said.

The commonality of purpose for the same command lent an added note of fulfillment for both.

“I was excited that we could have this in common and be able to chat about the differences between our facilities and just chat together about work,” said Diane.

When co-workers find out that the two are related, all comments express positive feedback at the distinctiveness of having a family in their midst.

“They think it’s cool that Josh and I are in the same command,” Diane said. “It is kind of unique because it doesn’t happen often.”

Joshua affirms that he gets the “oh, that must be cool working with your mom!” comments from other staff members and notes that being able to compare work stories with his mom is a plus.

Both attest that the best part of their positions is being able to provide care to those in need.

“Being part of this command means being part of an organization dedicated to helping others,” remarked Joshua.

“It’s very nice being a part of the clinic at PSNS. It feels like I make a difference every day,” noted Diane.





## **I Am Navy Medicine – and Perioperative Nurse – Lt. Cmdr. Thomas Kaster**

By Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer -- When the official notification was shared announcing the new specialty leaders for Navy Medicine's perioperative nursing community, it took a while for the results to sink in.

"I was surprised and honored. It took me a while to accept that I had actually been selected. Afterward, I was filled with a lot of excitement," said Lt. Cmdr. Thomas Kaster, Naval Hospital Bremerton Main Operating Room department head, on his selection for assistant specialty leader.

For Kaster, a Robbinsdale, Minnesota native, Saint John's University, Collegeville, Minnesota, 2009 graduate with a Bachelor of Science in Nursing and 2018 University of Minnesota graduate with a Master of Business Administration, the selection further bolstered his commitment to a career in Navy Medicine of 13 years and counting.

After finishing nursing school, he became a Navy Nurse Corps officer using the direct accession process.

"In high school, I developed a desire to serve in the military. But I also wanted to attend college for nursing. In nursing school, I learned about opportunities to serve as a nurse in the military, and it seemed like a perfect fit. I chose the Navy because my Uncle Mike was an impactful role model who had a successful career as a Navy A-6 Intruder pilot," stated Kaster, readily acknowledging that his military service has provided a host of professional, educational, and personal possibilities.

“Navy Medicine has taken me farther than I ever thought it would. The professional advancement opportunities are unparalleled. Without the Navy, I’m quite sure I never would have completed a master’s degree. The diverse experiences afforded by the Navy are also second to none. I have been stationed in Maryland, Okinawa, Virginia and Washington. I’ve been able to deploy to Djibouti and Afghanistan. Responding to the COVID-19 crisis in New York on [hospital ship] USNS Comfort [T-AH 20] is also an experience I’ll never forget,” related Kaster.

His affinity for the Main OR is evidenced throughout his assignments, where he has been staff nurse at Walter Reed National Military Medical Center’s Telemetry Unit; Expeditionary Medical Facility Djibouti in the medical-surgical unit; with the post anesthesia care unit at WRNMMC, at U.S. Naval Hospital Okinawa Main OR; and in the Main OR at the NATO Role 3 Multinational Medical Unit, Kandahar, Afghanistan.

He’s also filled roles as the business manager for the Main OR and Sterile Processing department division officer at Naval Medical Center Portsmouth.

“I am passionate about perioperative nursing and extremely grateful for the opportunities that have been provided to me as perioperative nurse. I’ve long been inspired by many selfless periop leaders. For the first time in my career, I felt like I had amassed enough experience and education to allow me to give back to the perioperative community. I want ensure the specialty continues to remain involved in advancing Navy Medicine,” Kaster said.

Kaster admitted that a perioperative nurse is more commonly known as an operating room nurse.

“OR nurses typically function as circulating nurses during surgeries, managing the overall nursing care of a patient in surgery and prioritizing patient safety above all else. Perioperative nursing, however, is a specialty that focuses on the care of patients before, during and immediately after surgery,” explained Kaster, noting that Navy perioperative nurses attend a 12-week specialized training program, followed by an additional three months of clinical orientation. He asserts that advanced training equips perioperative nurses with the knowledge and skills to ensure successful, safe outcomes for surgical patients.

Kaster’s specialty is one of 17 practiced by Navy Nurse Corps officers, covering a wide range of patient-centered care from pediatric to family practice to critical care to mental health and public health.

But his dedication, drive and desire as a perioperative nurse made him stand out amongst his peers.

Both Kaster, along with Cmdr. Lacy Gee, a former Naval Hospital Bremerton Main OR staff member selected as Perioperative Specialty Leader, were noted to be “competitively selected and bring with them a vast amount of clinical and leadership experience that has resulted from having served in a variety of diverse assignments and positions with ever-increasing responsibilities, advanced certifications, research, and presentations to advance the practice of perioperative nursing.”

“Being a part of the orchestrated teamwork that occurs in the operating room is very rewarding,” Kaster remarked. “Surgeries simply cannot happen unless everyone - surgeon, anesthesia provider, surgical technologist and perioperative nurse - is on the same page. Perioperative nursing provides relatively fast gratification given that patients usually arrive in the OR with a problem and typically leave with the issue resolved.”

Coincidentally, the second week of November is annually celebrated as Perioperative Nurses Week, a recognition obviously of more than passing interest to Kaster and the rest of the periop team assigned to NHB.

“I’m extremely proud of the team of ten perioperative nurses we have here. I know they provide our patients with the highest standards of care in the operating room. Their compassion and commitment to safety inspires me daily. Over the past year, this team of nurses played an essential role in the performance of over 900 surgical cases across eight surgical specialties,” said Kaster, including that the best part of his career has been meeting and working with so many incredibly intelligent, kind and selfless people. “The diversity of experiences and culture of continuous professional development has also been greatly valued.”

When asked to sum up his experience in Navy Medicine in one sentence, Kaster replied, “I’m very grateful for the incredibly rewarding experience I’ve had in Navy Medicine.”



## I Am Navy Medicine – HM3 John Ong – Lead Hearing Conservation Tech

By Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer -- Some patients need an ear full about an earful.

Hospital Corpsman 3rd Class John Ong can provide any such helpful cautioning.

As the lead hearing conservation technician and general duty corpsman for Naval Hospital Bremerton Otorhinolaryngology [better known as Ears, Nose and Throat] department, Ong handles everything from administering hearing tests to counseling patients on just what constitutes healthy hearing.

“Hearing is one of the major senses of the body and shouldn’t be taken for granted, because once you lose it, it’s not coming back. It’s true we have devices and apps to assist with hearing loss and tinnitus, but nothing will restore your full sense of hearing. Not being able to hear can affect our ability to perform while on duty,” said Ong, a Scripps Ranch High, California 2009 graduate and Olongapo City, Philippines native who calls Japan home.



Ong attests that one of the most frequent disruptors in healthy hearing that he encounters when dealing with patients is risk associated with ear wax, as well as deafening sound.

“Some of the most recurring factors I’ve seen on a weekly basis are anything from ear canals blocked with ear wax, ear infections, or damage to the ears due to exposure to loud noises. That damage can be from the workspace environments or listening to music at the gym,” stated Ong, stressing that the do-it-yourself methods some people use to clean their own ears by using a cotton swab or pen actually has the opposite effect of pushing wax buildup further down in the ear, as well as potentially causing an injury inside the ear canal or to the ear drum.

“We recommend to come see us at ENT for ear-cleaning. We’re available Tuesday, Wednesday and Thursday mornings by appointment. By having us professionally do it, that limits someone from unintentionally harming their hearing,” added Ong.

Along with following the old adage of not sticking anything in your ear smaller than your elbow, a person’s healthy hearing is also predicated on being able to adequately protect it from damaging, earsplitting noise.

“One of the simplest ways to help protect our hearing starts with the correct placement of hearing protection while in hazardous noise workspaces or recreational activities,” Ong said. “If someone is using hearing protection and taking the time for proper earplug insertion or headphone muff placement, they can help reduce hearing loss and tinnitus significantly.”

“Individuals should make certain the hearing protection is correctly worn or inserted so that they are provided with a good seal that muffles all incoming noise,” continued Ong. “Another day to day skill that we can all practice is to use volume discipline while using personal media and entertainment devices, such as earbuds and headphones. Limiting excessive loud noise exposure will prevent permanent hearing damage.”

As one might expect, there are challenges with providing healthy hearing in a military environment.

“The most challenging part of audiology in a military environment is counseling patients on their hearing test results. Explaining to a patient the differences between hearing loss and a change in their hearing can be complex. Some patients come in convinced that their hearing is poor and in reality the results tell a different story. Hearing is a complex process, and the audiogram is only a small piece of the puzzle. I’ve learned that taking the time to answer patient questions and thoroughly explain the test results as well as kinds of hearing protection, in a patient friendly way, is essential in promoting hearing health and sharing skills on how to protect hearing,” explained Ong.

Ong’s Navy Medicine career – seven years and counting - began when he was studying in the Philippines for a business major that simply didn’t suit what he was looking for.

“That same day, my dad sent me a text telling me that the U.S. Navy was in town looking for volunteers. I didn’t even hesitate. I left class to see if I qualified to join. Next thing I knew I was on a plane to Guam where I processed in, and here I am now,” related Ong, with prior assignments such as team lead for the surgical ward at Naval Hospital Pensacola, Florida, and as an En Route Care corpsman with 3D Medical Battalion, Okinawa, Japan.

“The best part about my career has to be overseas duty stations, having the ability to experience another country’s culture and learn from its history definitely adds to the uniqueness of a military career,” Ong said. “My dad was also in the Navy. He was an aviation boatswain’s mate – fuel. I remembered a patch he had on his pack. At the bottom of the unit patch, it stated, “Without us, pilots are just pedestrians.” Nobody’s job is too insignificant that it doesn’t make a difference.”

For Ong, one of the most gratifying factors - whether it’s assisting retirees or active duty members - is seeing patient’s reaction when they regain some semblance of their hearing.

“It might take the help of an audiologist and hearing aids or something as simple as an ear cleaning, but seeing how these services can really help a patient is gratifying,” said Ong.

When asked to sum up his experience with Navy Medicine in one sentence, Ong replied, “We all have a purpose at sea and on shore, our fight is keep the fleet healthy and ready to fight.”



## Facial Follicles promotes Movember Men's Health



By Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer – For those who think it's farcical that facial follicles can help foster familiarity on men's health issue, there are others whom insist this is no fanciful folly. Naval Hospital Bremerton staff showed their support for the annual 'Movember' mustache movement, originally established to help increase awareness and educate others on men's health issues, specifically prostate and testicular cancer initiatives.

"It really is a topic that we don't discuss enough. Most of us know about screening needs. But we tend to put it off and put it off. It's important to remember for ourselves and also for our families," said Cmdr. Brandon Wolf, NHB Clinical Support Services director, dubbed the "silver fox" for his mustache by others also showcasing their own.

There is statistical evidence for this awareness campaign. Prostate cancer is the second most common form of cancer in American males, trailing only skin cancer. The odds increase of getting prostate cancer as a man gets older. The American Cancer Society estimates that there will be approximately 268,500 new cases of prostate cancer in 2022, resulting in 34,500 fatalities. Do the math. That's almost one in eight new cases that doesn't make it.

Prostate cancer warning signs include have trouble urinating and/or a diminished urine stream; blood in the urine or semen and erectile dysfunction.

"There are horror stories out there of someone with something which could have been caught in time to treat," Wolf said.

Even for those clean-shaven, a prostate cancer exam is a covered service by TRICARE, which includes screenings.

An annual digital rectal exam and prostate-specific antigen – also referred to as a PSA - test can be recommended to men age 50 and older with at least a 10-year life expectancy; those age 45 and older with a family history of

prostate cancer – father, brother, or son – diagnosed with the disease at an age younger than 65; African-American age 45 and older regardless of family history; and anyone age 40 and older with a family history of prostate cancer in two or more family members. Eligible beneficiary are encouraged to discuss the benefits/risks associated with their provider.

“I came out here to do it for the boys and raise awareness,” exclaimed Hospital Corpsman 2nd Class Jose Hector Deras, surgical technologist assigned to NHB’s Oral Surgery department.

Also showing support for the cause was Hospital Corpsman 1st Class Tessa Hazard, respiratory therapist, stating that as much as men should be aware, there is also the need for women to be mindful of such cancerous conditions.

“You guys got to know about this stuff. So do women,” Hazard said.

The ACS also notes for 2022 there will be approximately 9,900 new cases of testicular cancer diagnosed, resulting in nearly 460 deaths. Warning signs include swelling, pain or discomfort in the scrotum area; painless swelling or a lump in a testicle; a testicle just feels different; or some sort of heavy sensation or a dull discomfort in the adductor area.

Even though Hospital Corpsman 2nd Class Kevin Whiteman, cardiovascular technician and Hospital Corpsman 3rd Class Travis Mitchell, respiratory therapist, admitted to growing their mustaches to annoy their wives, they also affirmed allegiance to the cause.

“It’s important to know as much as we can,” Whiteman said.

“I know this [mustache] will be gone tomorrow,” added Mitchell.

Perhaps just a coincidence, the ‘Movember’ movement follows the Great American Smoke Out awareness campaign held this year at NHB, Nov. 17, which focused on cancer which comes from tobacco products.

It’s still lung cancer which continues to be the leading cause of cancer-related deaths in men with approximately 69,000 deaths expected in 2022.

With the Movember movement help? A percentage of men seem to procrastinate not just about the importance of prostate and testicular cancer exams and screenings. The U.S. Department of Health and Human Services notes that men are 24 percent less likely than women to have visited a doctor within the past year and are 22 percent more likely to have neglected their cholesterol tests.

Men are also 28 percent more likely than women to be hospitalized for congestive heart failure; 32 percent more likely than women to be hospitalized for long-term complications of diabetes and are more than twice as likely to have a leg or foot amputated due to complications related to diabetes.

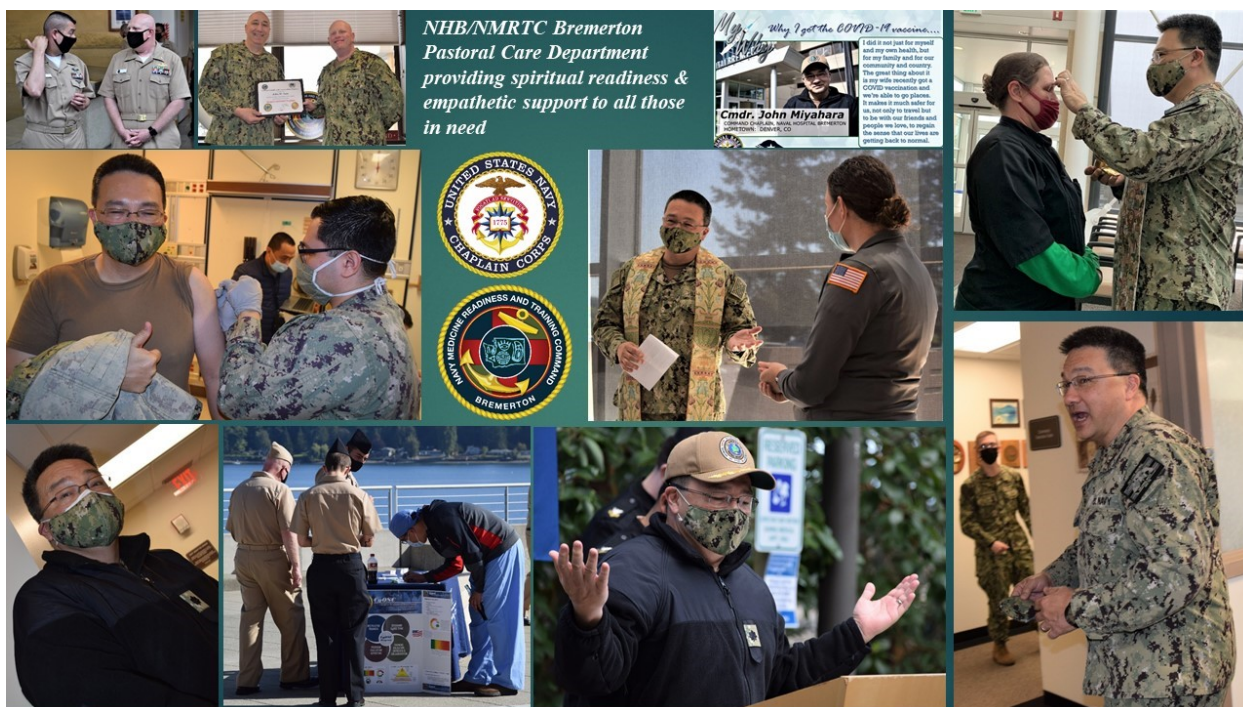
“Do what it takes for your care,” advises Senior Chief Hospital Corpsman Erik Morgan, who was also voted having the mustache that needed to be shaved come December. “But my wife is okay with it, though.”







HN Genesis Lozada was acknowledged for her superior performance for October, 2022 as Surgical Services Directorate Sailor of the Month. Lozada, an Arizona native, proved to be a critical team player in General Surgery clinic. She demonstrated outstanding patient care while assisting two surgeons in the completion of 17 patient encounters, which included eight wound dressing changes and nine preoperative consultations, which resulted in 100 percent customer satisfaction rate. She was hand-selected to support ten shot exercises evolutions, where she administered over 150 COVID-19 booster vaccinations to active duty personnel and eligible beneficiaries, increasing the medical readiness for the third largest fleet concentration in the U.S. Additionally, she dedicated over eight hours of on-the-job-training in the Obstetrics and Gynecology Clinic during critical staffing shortages. Her versatility aided to bridge manning gaps and ensured access to care standards were met by maintaining minimum staffing requirements. Her hard work and dedication to mission success earned her the well-deserved recognition (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).



## Chaplain Corps Birthday

Harken back to November 28, 1775, when the second article of U.S. Navy regulations stated that: "the Commanders of the ships of the thirteen United Colonies are to take care that divine services be performed twice a day on board and a sermon preached on Sundays unless bad weather or other extraordinary accidents prevent."

Thus our beloved Chaplain Corps was established!

Please join in wishing all Navy Chaplains (But especially Chaplains Tarr and Miyahara) a hearty Oooh Rah and Happy Birthday!!!





## NHB Cold Turkey Trot

*Gobbling up the miles...Naval Hospital Bremerton staff participate in the Cold Turkey Trot, Nov. 17, 2022, held in conjunction with the Great American Smokeout, the annual campaign held every third Thursday of November to encourage those who use tobacco products to quit for just that day. The American Cancer Society notes that tobacco use prevents a person from reaching peak physical performance. According to Pat Graves, NHB Tobacco Cessation Program coordinator, those who simply make the commit to quit for just one day commence a journey more important than the destination. On that first day, their body already has begun to heal from the harmful effects of tobacco use. A little further down the road, by day 14, a smoker's lungs are working better. By day 60, a person who has continued the process will noticed their gums, teeth and skin are all looking - and feeling - better. By day 75, just two and half months, a person who quit the spit, vetoed the vape, butted out, will find themselves with more energy and less congestion. For more information: [www.ucanquit2.org](http://www.ucanquit2.org) (official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).*





Dr. Hannah Leon was acknowledged with a "Speak Up" for Patient Safety Award in recognition and contribution to a great catch patient safety event. Her certificate noted that NHB "appreciate(d) your efforts in supporting a culture of safety, reliability, teamwork and trust." (Official Navy photo).



Bravo Zulu to Hospitalman Aaron Ferguson on receiving a "Speak Up for Patient Safety Award" certificate due to his situational awareness recognition and contribution to patient safety in support of a culture of safety, reliability and teamwork (Official Navy photo).

*Bringing a slice of home-made goodness...The Pie Contest held Nov. 16, 2022, which featured sweet potato pie, apple pie and the overwhelming tastiest dessert voted the winner—lemon pie—courtesy of a family recipe by Personnel Specialist 3rd Class Jordan Hayes, provided staff with a delicious mid-month option (Official Navy photos by Douglas H Stutz, NHB/NMRTC Bremerton).*



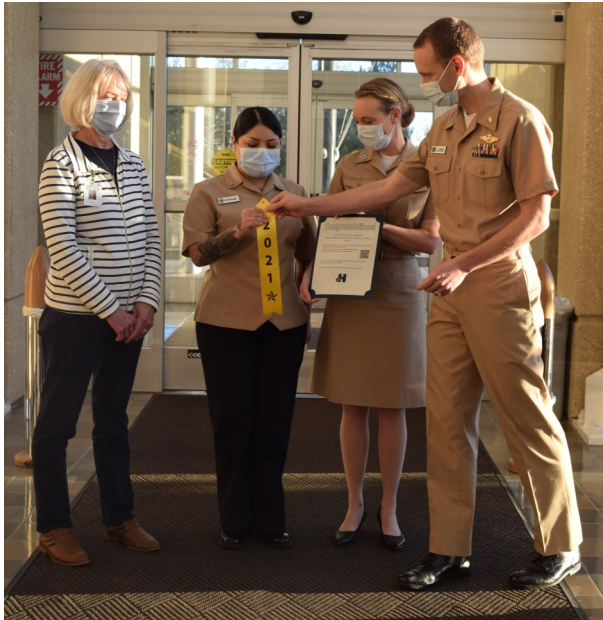


NHB/NMRTC Bremerton  
Awards At  
Quarters





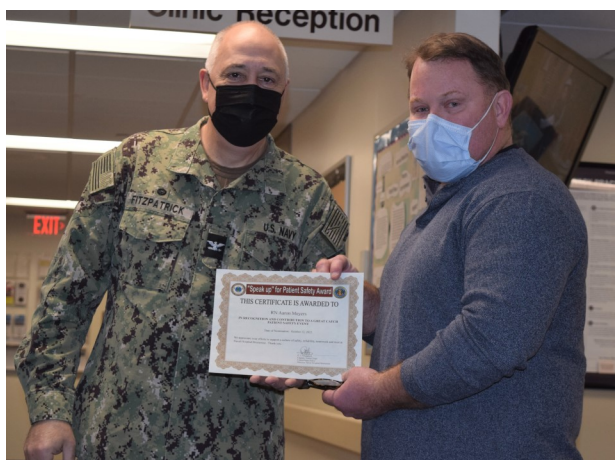
**The 2021 Navy Surgeon General Health and Wellness Award is presented to NHB/NMRTC Bremerton Health Promotion and Wellness Department staff**



*Did You Know? The Navy Surgeon General's Health Promotion and Wellness award, "The Blue H," recognizes deserving commands—such as NHB/NMRTC Bremerton—that encourage and reward clinical primary prevention, engage in community health promotion, advance medical staff health and promote wellness policies, as well as actively carry out activities and outcomes in Navy commands concerning health-care delivery missions. Some of the Health Promotion Programs include Health Risk Assessment; Injury Prevention; Nutrition; Physical Fitness; Tobacco Cessation; and Periodic Health Assessments. For more information, please call 475-4541. (Official Navy photos by Douglas H. Stutz, NHB/NMRTC Bremerton public affairs officer)*



# Surgical Services Shout-Out!



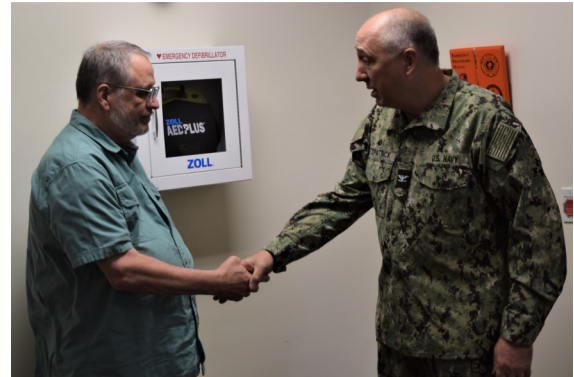
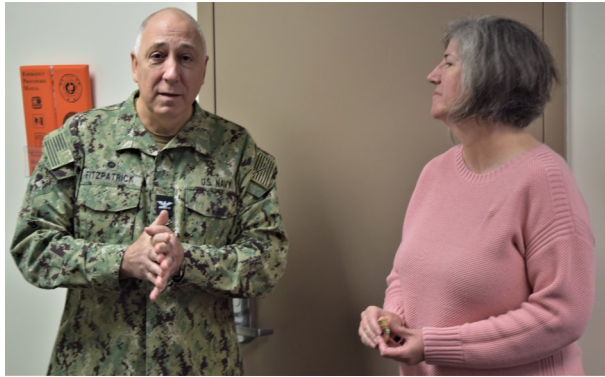
*Keeping a phish-scheme scam away...Registered Nurse Aaron Meyers was recognized with a "Speak Up" for Patient Safety Award for his astute awareness in contributing to a great catch patient safety event.*

*A scammer tried multiple times via email, fax and others means to obtain personal identifiable information of a beneficiary, which Meyers was savvy about to thwart and prevent.*

*Bravo Zulu for stepping in to help another in need (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).*



## Health-Care Business Office Shout-Out!



## *Coined for excellence in Ophthalmology*



## *Reflections of a Reflective Moment...*

